
Sexual Safety

Session 10:

Sexual Safety

Goals:

- Reinforce the resources available to students if they have questions or feel unsafe
- Cultivate a culture of respect and support for peers
- Encourage students to identify ways they are each unique

Objectives:

- Describe the definitions of sexual harassment, sexual assault, and sex trafficking
- Identify appropriate, inappropriate, and illegal social behaviors
- Name 2 adults they can call in if they have questions or feel unsafe
- Identify 2 ways they can support their peers if they are experiencing and uncomfortable or unsafe situation

Anonymous Question Box

Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of questions during class time as well.

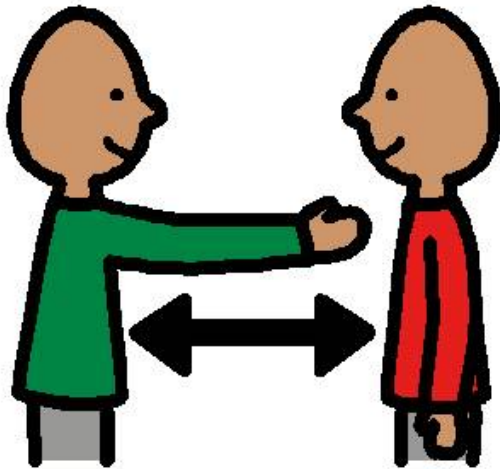
Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a questions at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write "no question". This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used t hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

Safe vs. Unsafe Touch

Body Boundaries

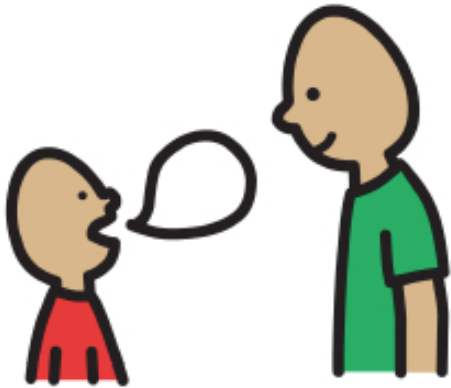
A boundary of **space** between you and another person's body



It must be a distance that you **both** feel comfortable with!

Body Boundaries

Everyone has the right to choose if they want to be touched or not



Ask: Can I give you a hug, please?

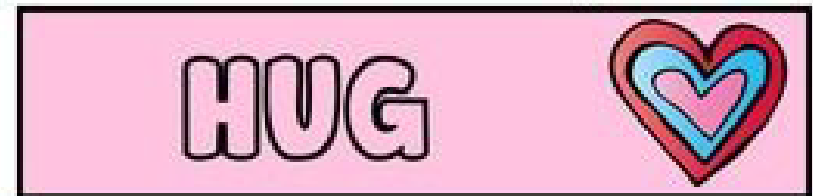
Ask before you enter someone's personal space!

Consent

1. **Ask** for permission
2. **Agree** before you act

Consent – Let's Practice!

1. **Ask** for a hug, handshake or high-five
2. **Listen** to their answer before you act



Safe Touch

Touching that makes us feel **safe** and **cared for**

For example: hugs, high-fives, holding hands, pats on the back



Unsafe Touch

Touching that
makes us feel
unsafe or
uncomfortable

For example: touching
private body parts
without consent



Safe vs. Unsafe Touch

Does everyone have
the right to touch you?

NO!

Safe vs. Unsafe Touch

What should a person do
before they touch you?

ASK!

Safe vs. Unsafe Touch

What should you say if you don't want another person to touch you?

No! No thank you.

Stop! Please stop.

Safe vs. Unsafe Touch

What should you do if another person is touching you without your consent?

Say “Stop!” or “No!”

Tell a trusted adult like a parent or teacher

Public vs. Private Affection

Affection

Affection is showing someone that you like and care about them

We can show affection to our family, friends, and partners

Types of Affection



Public Types of Affection

Other people are around
and can see you

These types of affection
can happen in public or
private places

Public Types of Affection



Waving

Public Types of Affection



High-five

Public Types of Affection



Handshake

Public Types of Affection



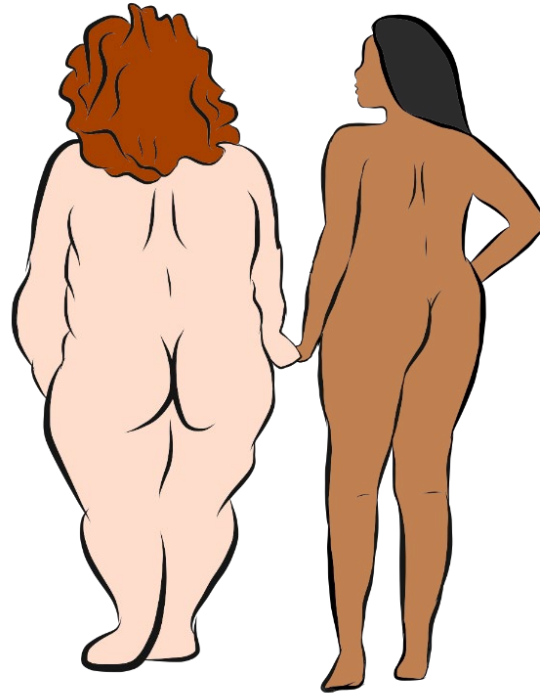
Holding hands

Private Types of Affection

Other people are not around
and cannot see you

These types of affection can
happen only in private places

Private Types of Affection



Being naked with a partner

Private Types of Affection



Having sex

Depends on the Situation

Talk to your partner about boundaries first

These types of affection can happen in public or private places depending on your partner's boundaries

Types of Affection

Hugging



Types of Affection



Kissing

Types of Affection



Cuddling

Appendix G.11: Public vs. Private Types of Affection

High Five



Smile



Waving



Handshake



Cuddling



Kissing

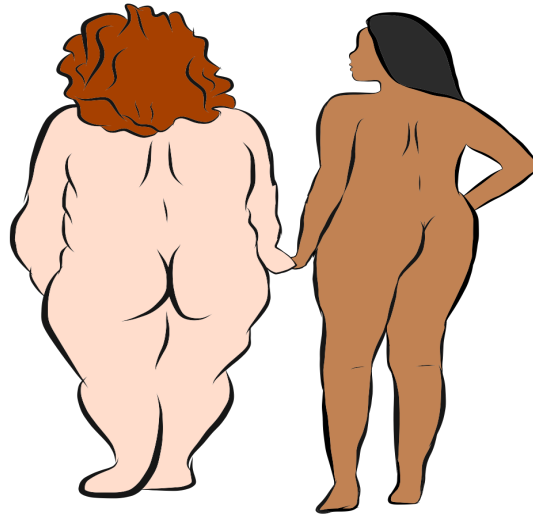


Hugging



Touching private body parts

Being naked with a partner



Having sex



Consent and Sexual Crimes

Consent

Permission or mutual agreement
to do something

- Must be 18 or older
(in California)
- Must be sober
(no drugs or alcohol)
- Must communicate
with partner and agree
without pressure



Sexual Crimes

Sexual behaviors that are against the law because there is no consent



- Sexual harassment
- Sexual assault
- Rape
- Human trafficking
- Stalking
- Indecent exposure

Sexual Harassment

Doing or saying anything sexual that makes someone else feel uncomfortable

- Name-calling
- Starting rumors
- Making sexual jokes or gestures
- Unwanted communication (sexual comments, texts, messages on social media)



Sexual Assault

Any unwanted sexual contact



- Sexual touching
- Kissing
- Flashing
- Showing or sending sexual pictures or movies
- Taking photos or videos of someone naked
- Making someone touch themselves in a sexual way

Rape

Any type of sex without consent



Penetration of a vagina, anus, or mouth
using a body part or an object

Human Trafficking

Forcing, tricking, or convincing someone to do manual labor or sex work (doing sexual things for money, food, shelter, etc.)



Stalking

Any repeated behavior that makes someone else feel uncomfortable or scared



- Standing too close to someone
- Following someone
- Staring at someone
- Unwanted communication
- Verbal or written threats

Indecent Exposure

Being naked in public

It doesn't matter whether someone meant for others to see them naked or not



Sexual Safety

Sexual Safety

Listen



- NO means NO. Silence means NO.
- Always ask someone if you can touch them.
- Wait for someone to say, "YES."
- If a person says, "YES" to sex after they drink alcohol or take drugs, the "YES" does NOT count.

Remember

- You can tell a trusted adult or the police about rape even if you did not fight back.
- It is NEVER your fault if you are sexually assaulted.



How to Get Help:

- Tell a trusted adult what happened
- Call the police
- Call a rape hotline

National Sexual Assault Hotline

1-800-656-HOPE (4673)

**Rape Trauma Services
(San Mateo County)**

1-650-692-RAPE (7273)

**I can talk to _____
about my sexual safety.**

What should I
do?

What Should I Do?

Names: _____ Scenario #: _____

1. The behavior discussed in this scenario is (circle one):

appropriate

inappropriate

illegal

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

What Should I Do?

Scenario #: 1



Hi! My name is Juan. Every day at school when I see my friends, I run up to them and give them hugs. When I am introduced to new people I like to hug them too.

1. Juan's behavior is (circle one)

appropriate

inappropriate

illegal

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

What Should I Do?

Scenario #: 2



Hello, I am Jeremy. I want to make new friends. When I go to the mall I walk up to strangers and start talking to them. The last few times I went to the mall, the same woman was there. I followed her around from store to store, talking to her about my life. She walks pretty quickly, so sometimes I need to yell to her to get her attention. Is this the right way to make new friends?

1. Jeremy's behavior is (circle one)

appropriate

inappropriate

illegal

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

What Should I Do

Scenario #: 3



My name is Samantha. I've been visiting a tutor two afternoons a week to get extra help with my homework. At first, he was just really nice, but then he started touching my shoulders and my hair. The last time I was there, he told me how beautiful I was and started touching my breasts through my shirt. I was so scared I didn't know what to do! I told him I had homework to do, and got out of there fast. Now, I'm so scared that I'll have to see him again. But I didn't fight him off or yell at him or anything, so maybe this was my fault? What should I do?

1. The tutor's behavior is (circle one)

appropriate

inappropriate

illegal

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

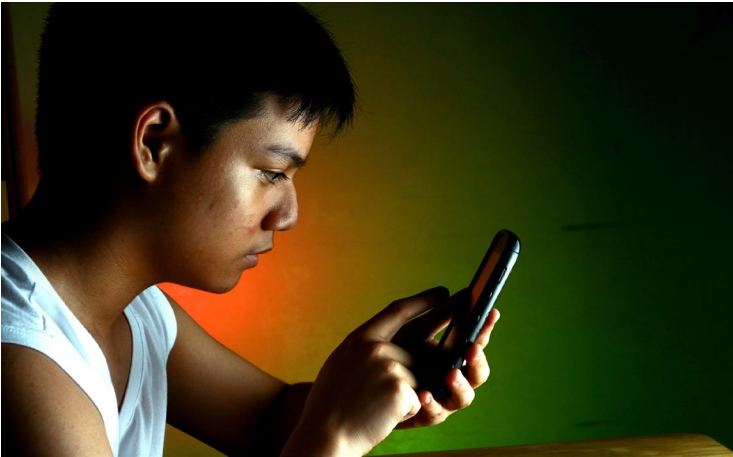
1.

2.

4. If this person was your friend, what could you say or do to help them?

What Should I Do?

Scenario #: 4



My name is Sergio. I just met this boy in my class that I like a lot. We say hello to one another every morning. I got his number from my friend today. I've sent him nine texts so far, but he hasn't responded. I even tried calling him three times and he never picked up. What should I do?

1. Sergio's behavior is (circle one)

appropriate

inappropriate

illegal

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

What Should I Do?

Scenario #: 5



My name is Jay. The other day I was walking home from school and needed to go to the bathroom really badly. I didn't know where the closest public restroom was so I ran into an alley and urinated on a building. When I got home I told my mom about it and she got upset at me. Did I do something wrong?

1. Jay's behavior is (circle one)

appropriate

inappropriate

illegal

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

What Should I Do?

Scenario #: 6



Hi, my name is Erin. Sean and I have been dating for about six months now. We've held hands and kissed, but I am interested in doing more. Sean and I have talked about our families, how nice it is to spend time together, and how we are both interested in becoming more intimate. I think I might bring up the conversation of having sex. What do you think?

1. Erin's behavior is (circle one)

appropriate

inappropriate

illegal

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

What Should I Do?

Scenario #: 7



My name is Jocelyn. Last week, I took a picture of myself topless and sent it to my boyfriend. At first I was really nervous about it, but I wanted to show him I really like him. We broke up yesterday, and when I got to school this morning everyone was laughing. I found out that he had sent my picture to everyone! I feel so humiliated. I can't face going back to school. What am I going to do?

1. Jocelyn's boyfriend's behavior is (circle one)

appropriate

inappropriate

illegal

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

What Should I Do?

Scenario #: 8



My name is Carla. Yesterday, when I got home from school, I began to feel tingly all over. I went into my bedroom and closed the door. Then I started touching myself. It felt really good. Now I feel weird about it. Is something wrong with me?

1. Carla's behavior is (circle one)

appropriate

inappropriate

illegal

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

What Should I Do?

Scenario #: 9



Hello, my name is Lucas. The other day I went over to my friend, Dylan's, house to hang out and we watched a scary movie. I started to feel scared and moved closer to my friend, our arms and legs were touching. He kept moving over on the couch, and I kept moving with him. It felt nice to sit really close. Ever since Dylan has been avoiding me at school. What did I do wrong? What should I do?

1. Lucas' behavior is (circle one)

appropriate

inappropriate

illegal

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

What Should I Do?

Scenario #: 10



Hi, my name is Amanda. I just met Charlie and I think she is awesome. She makes me laugh and I think I like her more than just friends. I asked if she wanted to grab coffee with me and she said yes! When we met up for coffee we had a great time, and she even touched my arm. While we were walking out of the coffee shop, I asked if I could hold her hand. She said yes again! It feels so nice to be this intimate.

1. Amanda's behavior is (circle one)

appropriate

inappropriate

illegal

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

What Should I Do?

Scenario #: 11



My name is Megan. My boyfriend and I have been going out for over a year now and we have been talking about having sex. Last night we went to a party and I was feeling nervous so I started drinking. I don't remember much, one minute my boyfriend and I were dancing together, the next I woke up naked with him next to me. I guess we must have had sex. I feel really uncomfortable and I want to cry. What should I do?

1. Megan's boyfriend's behavior is (circle one)

appropriate

inappropriate

illegal

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

What Should I Do?

Scenario #: 12



My name is Kay. I met this guy online, Dave, and he started sending me all these pictures. He asked me to send him some pictures of me in return. I told him I didn't feel like that was a good idea. He promised to send me \$10 for every photo I sent him. I still feel uneasy about doing it, but that seems like a good deal. What should I do?

1. Dave's behavior is (circle one)

appropriate

inappropriate

illegal

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?